

December 1, 2020

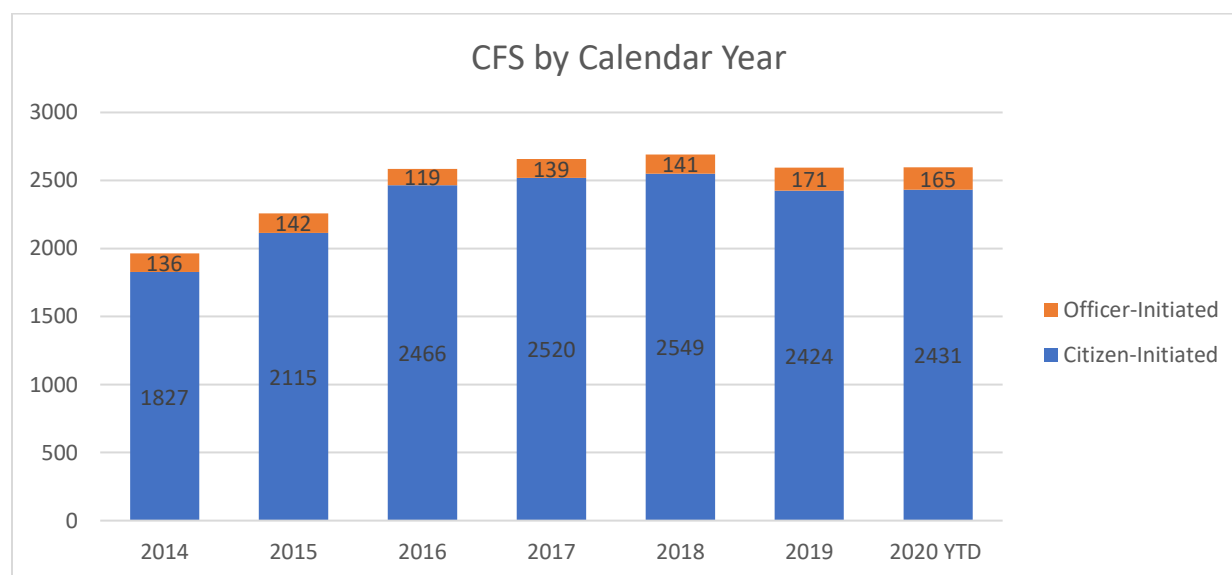
The holiday season for most people is a joyful time of the year filled with celebrations, and quality time with friends and family. Unfortunately, for many others, it is a time filled with sadness, anxiety, and loneliness. In this month's edition, I would like to highlight some of the resources our police department offers to those who need help with their mental health issues.

Did you know...

- 1 in 5 adults and children in the U.S. will experience mental illness in their lifetime
- Social stigmas often discourage those suffering from mental illness from seeking help
- 75% of all chronic mental illnesses begins by the age of 24

**Statistics from the National Alliance of Mental Illness*

In Chula Vista, there has been a steady increase in calls for service (CFS) related to mental illness. The following data reflects the annual total of mental health related calls initiated by both citizens and officers.



Psychiatric Emergency Response Team (PERT)

The Psychiatric Emergency Response Team (PERT) is one of the Department's several programs designed to provide support for the mentally ill. It is a law enforcement based mental health crisis intervention team that pairs a licensed mental health professional with a law enforcement officer. The teams ride together in the field and act as first responders that are specially trained to assist in mental health related calls for service. The goal of the PERT is to provide crisis resolution and proactive outreach to facilitate the connection of people to appropriate mental health services.

"Take Me Home" Program

The Chula Vista Police Department is a partner in the region's "Take Me Home" Program. This is a voluntary photo-based information system designed for those with Autism, Dementia, Alzheimer's, or any other developmental disability. The Take Me Home database can help officers identify individuals who are lost, so that they can be safely returned to their loved ones. The system also works in reverse—if a loved one goes missing or wanders away, his or her picture and description is immediately available to help with the search.

Students Speaking Out Program & P3 Tips Reporting App

Students Speaking Out is a program of San Diego County Crime Stoppers designed to empower young people to use their voices to make their schools and communities safer. Students are encouraged to report issues such as violence, bullying, and suicidal thoughts through the Crime Stoppers hotline, the Crime Stoppers website, or the P3 Tips app. Tips can be submitted anonymously. Each tip is assessed and addressed by proper authorities, such as school officials or members of the Police Department's School Resource Officer unit. For more information on children and youth focused resources, please visit: <https://www.chulavistaca.gov/departments/police-department/programs/sro-program>

As the holiday season is approaching, please take a moment to remember and help those who struggle with mental health issues. Please let us know if there are specific public safety issues you would like us to evaluate in the future, or specific topics about which you would like more information. You can share your thoughts by contacting our Community Outreach team at (619) 691-5187 or by visiting our website at <https://www.chulavistaca.gov/departments/police-department/contact-us>.

Thank you in advance for your assistance,

A handwritten signature in black ink, appearing to read "Roxana Kennedy". The signature is fluid and cursive, with the first name "Roxana" being more prominent than the last name "Kennedy".

Roxana Kennedy
Chief of Police